POSITIVE
AFFIRMATIONS
TO BRING YOU JOY & HAPPINESS



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CAN GIVE MY CHILDREN A HAPPY MOM



AMAZING JOB

PERMISSION TO SLOW DOWN

I AM STRONG

AND BEAUTIFUL

I'M DOING THE BEST I CAN
AND IT IS ENOUGH

I CAN'T DO IT ALL MYSELF AND IT'S OK TO

LEAN ON OTHERS



TO BE HAPPY

I'M EXACTLY WHAT

MY CHILD WANTS

& NEEDS

I DESERVE TIME TO DO
THE THINGS I LOVE

MY CHILDREN THINK

I'M BEAUTIFUL

I WILL LET GO OF MY HANG-UPS & TRUST IN THE UNIVERSE TO GUIDE ME



THAN I WAS YESTERDAY

PARENTING IS ALL
ABOUT THE
LONG GAME

I AM GRATEFUL FOR ALL
THE ABUNDANCE
IN MY LIFE

MY BODY

IS BEAUTIFUL

PRESENT WILL BE PRESENT WITH MY CHILDREN & INTENTIONAL WITH MY TIME



IAM CAPABLE OF INCREDIBLE THINGS

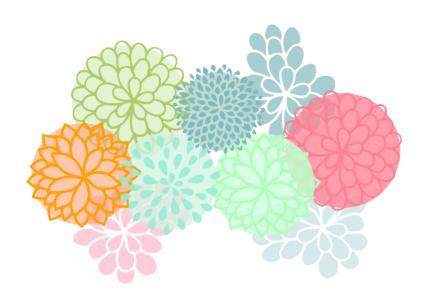
TODAY, I WILL SEE

THE BEST IN MY CHILD

BEING A MOTHER REQUIRES
COURAGE & TODAY
I WILL BE BRAVE

& TELL THEM I LOVE
THEM ALL DAY LONG

MY CHILDREN DO NOT NEED MORE MATERIALIST THINGS. THEY NEED MY TIME & ATTENTION



THERE'S A GOOD CHANCE I'M A WONDERFUL MOTHER

ARE GOING
TO HAPPEN

MY CHILD NEEDS

THIS MOMENT WILL

NOT LAST FOREVER

LOVE MOTHERHOOD I'M STILL A GOOD MOM



IT'S UP TO ME TO REMAIN CALM & PATIENT

TO BE A MOM

TIME BY MYSELF
TO RECHARGE

STRIVE FOR PROGRESS,
NOT PERFECTION

EVEN IF I DO NOTHING TODAY TELLING MY CHILDREN I LOVE THEM IS ENOUGH



WILL LAUGH & PLAY WITH MY CHILDREN TODAY

IT IS OK TO

ASK FOR HELP

COMPASSION IN
THIS MOMENT

MY FAMILY NEEDS

TO LET MY CHILDREN LEARN & GROW AS THEY ARE INTENDED TO BE



FRESH START

I LOVE THE WAY

MY LIFE IS UNFOLDING

TO GUIDE ME IN THE RIGHT DIRECTION

& BEAUTIFUL WOMAN

IT'S OK TO DO NOTHING AT ALL TODAY BUT LOVE AND HUG MY CHILDREN



WHEN EVERYTHING FEELS HARD, I WILL REMEMBER THAT THIS SHALL PASS

MY CHILDREN SEE THE BEST IN ME AND I WILL TOO

I AM FULL OF
PEACE AND LOVE

RESPECT MYSELF AND I
RESPECT MY
CHILDREN

MY CHILDREN LEARN MORE FROM THE EXAMPLE I SET THAN THE ADVICE I GIVE



AND FEEL GOOD

GOOD THINGS
GOING TO HAPPEN

I AM A GOOD MOM

TO MY CHILDREN

FEEL OVERWHELMED I CAN STILL DO THIS



MY LOVE IS ABUNDANT

I AM PERFECTLY

IMPERFECT

I HAVE MANAGED THIS

BEFORE AND I WILL

DO IT AGAIN

& DON'T NEED TO FOLLOW OTHERS

MY CHILDREN DON'T SEE THE FLAWS I GET HUNG UP ON THEY THINK I'M AMAZING



LET GO OF EXPECTATIONS

& GO WITH THE FLOW

GRATITUDE & HUMOR

MAKE EVERYTHING

BETTER

I CAN FEEL LOVE & LIGHT

ALL AROUND ME

NO MOM IS PERFECT,

I AM GOOD ENOUGH

WHEN I FEEL LIKE QUITTING I'LL THINK OF ALL THE THINGS I'M GRATEFUL FOR



AND OVERFLOWING WITH JOY

I SPREAD LOVE & JOY
TO MY CHILDREN

BEING A PARENT
IS A LIFELONG
LEARNING PROCESS

A STRONG PERSON WILL

ALWAYS APOLOGIZE

OF WORKING OUT JUST WHEN YOU THINK IT NEVER WILL



LIFE IS A PROCESS OF BECOMING THE BEST VERSION OF YOURSELF

I AM AN
INCREDIBLE WOMAN

THE WAY IT'S
SUPPOSED TO BE

I'M GOING TO BE

AWESOME TODAY

MY CHILDREN WILL NOT REMEMBER THE TOYS THEY HAD, BUT THE TIME I SPENT WITH THEM



BEFORE I REACT

I'M LEARNING TO BE A
BETTER MOM
EVERY DAY

TODAY IS MORE IMPORTANT
THAN YESTERDAY

A BIGGER PURPOSE